



Hawaii In the Sanctuary

Students dance the night away at luau pub night. Page 6

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Lighten your load
Bookstore will buy back your used textbooks. Page 3

MONDAY, APRIL 6, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

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41ST YEAR — NO. 13

Students showcase their talents

By ADAM RUSSELL

What do liquid dance, opera and stand-up comedy have in common?

They all require skill, preparation and, sometimes, the ability to perform in front of an audience.

They were also the three talents showcased by Conestoga students during the first Open Mic Nooners held in the CSI Sanctuary on March 26.

The idea to hold an open-microphone event came to Sarah Carmichael, CSI director of alumni relations, after she was approached by Kurtis Thomas, a second-year broadcast television student, who asked if it was possible to hold a student comedy night at the college.

"I've always loved open-mike nights and things that give people the opportunity to perform and show off their talents in a comfortable, relaxed environment," said Carmichael. She decided to hold the event during the day to try and attract the most attention.

Three students signed up to perform and were given about 15 minutes each of microphone time.

"I would have liked to have

seen a few more people performing," Carmichael said, adding that she thinks students may have been a little hesitant because this was the first event of its kind.

First up was Thomas, who performed a stand-up comedy routine.

Thomas said that although he hadn't done a comedy act in about a year, he was excited to give it a shot at the college.

"I used to do a lot in high school, but back then you had to be a bit more reserved," he said. "Now I can try some of my more risqué jokes, maybe push the boundaries. I'll be able to swear a bit which is how I would naturally tell my jokes."

Thomas said he has a lot of fun with comedy, but he would like to keep it a hobby.

"Doing it a few times a year, whenever I get the chance, is the way to do it," he said. "That way I get to have a lot of fun with it, and don't worry about it."

Next up was Fareed Quraishi, a third-year computer programming student at the school.

Quraishi performed a freestyle dance to jungle music that was a cross

between liquid, fluid, kick-step and hip hop.

Quraishi learned the style after being involved in the underground rave scene for about four years.

"Throughout that you learn a lot of neat, interesting things," he said. "I learned how to dance there."

Finally, Paul Stoia, a pre-health student, performed some classical singing from an Italian opera a cappella.

Stoia got involved with opera after his brother, who is a professional opera singer, discovered his sibling also had talent.

Stoia, who holds a degree in music, will be attending Conestoga's registered nurse program next year.

"Nursing is my official fall-back plan," he said. "I'm still keeping up my singing. I train now in Toronto."

All-in-all, Carmichael was pleased with the event.

"I think it was pretty good," she said, adding she would like to see the event continue next year.

"I would love to see this happen maybe once a month starting next September," she said. "It will be definitely something I will recommend to next year's board (of directors)."



PHOTO BY ADAM RUSSELL

Kurtis Thomas, a second-year broadcast television student, performs his stand-up routine during the first Open Mic Nooners held in the CSI Sanctuary on March 26. Thomas said he hadn't done any comedy in about a year and was excited to try out his act on a college audience.

Prospective students explore Conestoga

By KAITLYN HEARD

Hundreds gathered at Conestoga College March 28 to hear about the college and what it has to offer.

The large scale event that attracted them was Explore Conestoga, which was held for high school students and others interested in the programs and services offered.

What most don't know is that the students involved in the success of the event aren't just regular volunteers. College Service Learning (CSL) students, who wore the yellow T-shirts at the event, were responsible for taking part and organizing Explore Conestoga.

CSL is a project developed by Deb Cox, co-ordinator of general arts and science at the college.

In 2008, Cox teamed up with Jan Stroh, a student recruiter, to develop CSL.

Their participation with Explore Conestoga started with first-year students from the student success course in business foundations, who were volun-

teers, but the idea has grown much larger.

"I love its impact on the students," said Stroh.

"The objective is to feel more connected. It's a way to bring people to us. It's been a great success with CSL."

As a result of the first launch in 2008, the project has continued, involving over 180 students in general arts and science and business foundations.

At Explore Conestoga, students registered for two-and-a-half hour shifts and directed parents, students and others throughout the school, provided information, greeted people as they arrived, provided tours of the college and set up for the event.

"It's an opportunity for students to influence other students. It provides social responsibility. It's very transforming," said Cox.

Sofiya Bruce, a first-year general arts and science student, said, "It's (participating in Explore Conestoga) actually pretty fun."



PHOTO BY KAITLYN HEARD

Fatima Armas, left, program assistant for health sciences, and Anne Soppelsa, operation assistant, School of Health Sciences, stand at Door 6 during Explore Conestoga to assist with questions and direct parents and prospective students around the school.

Amy Reese, a first-year general arts and science student, said, "We were a little nervous. We're still learning about the college because we're first years."

"We're really enjoying it." According to Cox, students have been able to make strong connections with college staff

and students and develop traits of an engaged student. It also provides a feeling of personal satisfaction and offers encouragement for students to be more sociable and active in the college.

"It's about students learning and engaging each other," said Cox.

Region gives \$8.1m

Conestoga College received an \$8.1-million cash infusion March 31 from Waterloo Regional Council.

The money will go toward a new Cambridge campus, which will house 3,000 students, the expansion of the School of Health and Life Sciences and the construction of a new emergency medical services station at the Doon campus.

In total, the college needs to come up with \$117 million for various expansion projects.

The provincial government has already pledged \$25 million and the City of Cambridge has donated the land for the new Cambridge campus.

College administration hopes further funding will come from a federal knowledge infrastructure program. The \$8.1-million pledge qualifies for 1:1 matching through this program.

As well, the college has asked the federal government to kick in \$55 million.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What would your dream job be?



"A fishing show host."

Jeff Wilkins,
second-year
general arts and science

"I want to be the next
Mark Wahlberg."

Freddy Guererro,
second-year marketing



"Probably an architect."

Liam Beirne,
second-year
architecture and engineering

"A family doctor."

Tessa Derosse,
second-year
pre-health sciences



"A stock analyst."

Matt Kennedy,
first-year
financial planning

"Maybe a male gigolo."

Derek Elmes,
first-year
pre-health sciences



Smile Conestoga, you could be our next respondent!

New course for film fans

By KEVIN O'BRIEN

This isn't your average film course.

Instead of looking for symbolism in Hitchcock films or trying to figure out the significance of chess in Ingmar Bergman's *The Seventh Seal*, students will take a trip with Luke Skywalker and learn that *Soylent Green* is, in fact, people.

The Hitchhiker's Guide to Science Fiction, a course offered through Conestoga's continuing education program, promises to be nothing if not fun.

And, according to course instructor Bill Black, that is what he had in mind when he designed the course.

Black, an avid film collector and science fiction fan, says he wanted to use his extensive experience in film studies and broadcasting to "give something back," but wanted to offer students a film course that promoted discussion rather than dissection.

"When film buffs get together in the same room, you always learn something," he

says.

Science fiction is the perfect basis for the course, Black says, because fans of the genre love to discuss and share information about their favourite films.

"They're loyal to the genre," he says.

"They're dedicated ... but (they) don't tend to denigrate."

But the course isn't just for those who are well-versed in the ways of space travel and evil computers. Black says he'd like to change the perception of those not convinced that science fiction is a true art form.

"Non-fans see science fiction as fluffy," he says. "But something like *12 Monkeys* is a very complex film."

That modern classic is one of the many films that will be studied, along with *2001: A Space Odyssey*, *Star Wars* and the 1927 silent classic *Metropolis*.

"Tremendous fun," is Black's goal for the course, adding, "We'll provide the popcorn."

For information about the course, visit <http://hhguidesf.blogspot.com>.

SCI-FI CLASSICS

The following are some of the films that will be studied in the Hitchhiker's Guide to Science Fiction.

- *Metropolis* (1927)
- *Just Imagine* (1930)
- *Flash Gordon's Trip to Mars* (1938)
- *The Day the Earth Stood Still* (1951)
- *2001: A Space Odyssey* (1968)
- *The Dune Legacy* (1984/2000)
- *The Thing From Another World* (1951)
- *Starship Troopers* (1997)
- *The Time Machine* (1960)
- *12 Monkeys* (1995)
- *Trekkies* (1997)
- *Galaxy Quest* (1999)
- *Soylent Green* (1973)
- *The Road Warrior* (1981)
- *The Hitch Hiker's Guide to the Galaxy* (1981)
- *Ultraviolet* (2006)
- *The Omega Man* (1971)
- *Aeon Flux* (2005)

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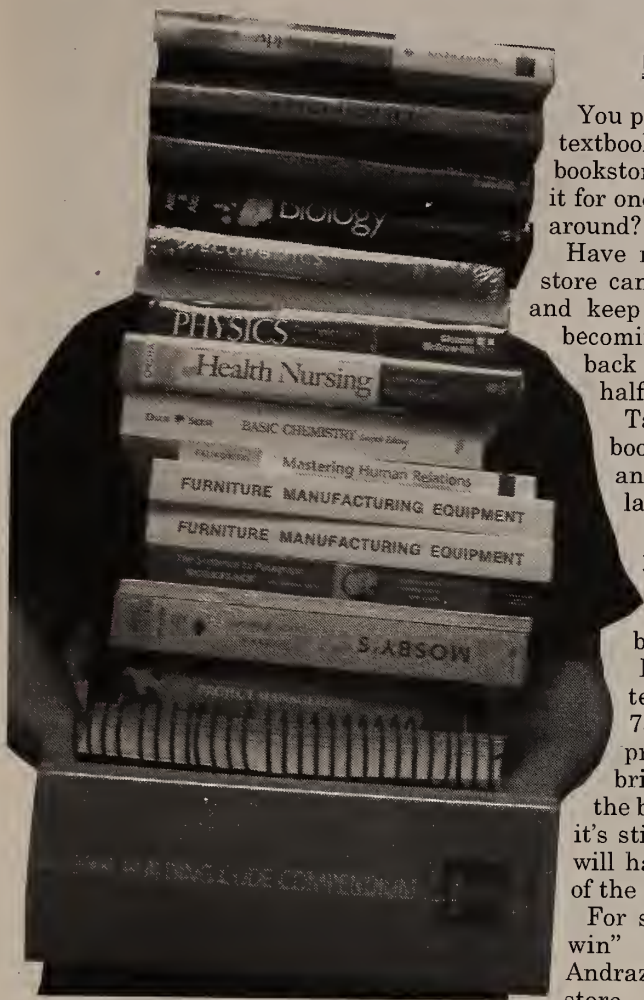


PHOTO BY SARAH BONGERS

If your textbooks are on the buy-back list, bring them to the bookstore by Door 1 on April 22, 23 and 24 to get some of your money back.

By SARAH BONGERS

You paid a hefty price for your textbook at Conestoga College's bookstore, and you only needed it for one semester, so why lug it around?

Have no fear, since the bookstore can help lighten your load and keep your bookshelves from becoming crowded by buying back your used textbook for half of the shelf price.

Take your books to the bookstore on April 22, 23 and 24, during their regular store hours.

If you paid full price for your textbook, you will only have paid half price for it if you sell it back to the bookstore.

If you paid for a used textbook, which is sold at 75 per cent of the original price tag, you can still bring it back and sell it to the bookstore at half price. If it's still in fair condition, you will have only paid a quarter of the original price.

For students this is a "win-win" situation, said Mary Andraza, manager of the bookstore.

Not only does buying and selling used textbooks help keep money in students' pockets, but it is also environmentally

friendly since no new materials or production is needed to go into making used books.

With so many benefits of buying and selling used textbooks, Andraza said they are looking into providing a wider variety of used textbooks in the store in the future.

For those students who plan on taking advantage of this money-saving opportunity, keep in mind some conditions apply.

Lindsay, a bookstore employee who did not want her last name published, said they will not take books that are clearly damaged. She said if the pages have been marked with highlighters or tabs, they will still take it, but if pages have been ripped out, you can be sure that you won't be getting some of your money back.

To add to the no-no list, Andraza said they won't take books that are water damaged, have broken spines with pages falling out or have answers written in them. Doodles, to some extent, are fine, she said.

"We do understand the normal wear and tear of a book's shelf life," said Andraza.

The books must also be identified by the faculty who issue these books in their programs, and confirmed if they will be re-used in the upcoming semester. According to Andraza, asking faculty members to order textbooks earlier can cause some problems at the end of the winter semester, but it is needed so a list of textbooks that can be

bought back can be made by exam week.

One way for students to find out if their textbooks are on the buy-back list, is to go online to the bookstore's website and check under the right-hand link titled, "Sell your used books." From there students can put in the textbook's 10-digit ISBN code as directed on the website, to find out if it's on the buy-back list.

To get to the bookstore website through Conestoga College's home page go to Student Services > College Facilities > Bookstore > Sell your used books.

Don't be discouraged if your book is not on the list, since the bookstore allows students to submit a buy-back request for their book by entering their e-mail address on the website. This way, the bookstore can contact you via e-mail if your textbook is ever on the buy-back list.

Most times the reason your textbook will not be on the list is because the bookstore doesn't know at the time if the book will be needed again.

Social services program students such as Alicia and Rebecca, who didn't want their last names published, said they might take advantage of the bookstore's buy-back program, but don't plan on hauling over their entire stash of textbooks. Some of their textbooks don't have long-term appeal, they said, but a lot of their books are good resources, so they plan on keeping them for a while yet.

Women learn defence skills at Conestoga

By HEATHER MUIR

"Back off!" This startling command could be heard through the halls as the women's self-defence class was held at Conestoga College on March 25.

Renshi Adette Rice, a fifth degree black belt and owner of Driftwood Martial Arts, led the class. Although the subject matter was serious, Rice made it fun and informative.

She took participants through many different attack scenarios, and discussed how to deal with various situations.

Rice is the first female to open and run her own full-time martial arts studio in Canada. She began her training in Hamilton in 1990, and from then on worked with many experts.

"I opened Driftwood in 1999, so we just celebrated our 10-year anniversary," said Rice.

She has been teaching women's self-defence for 15 years.

"You tend to see the popularity of women's self-defence classes come in waves, so when there has been a crime in their area, we get calls for lessons," she said.

Rice likes to remind women to take the class more than once, to get a better feel and understanding of self-defence.

She has fought hard to stop stereotyping martial arts as a male sport, and faces these types of issues in her martial arts studio often.

"Fathers will tell me that a woman can't teach their child karate, but I invite them to watch a class and they change their minds."



PHOTO BY HEATHER MUIR

Renshi Adette Rice walks the class through the steps of how to avoid being pinned, while Nicole Couturier and Bojan Ljabuncic demonstrate, during a March 25 class.

Government funding will create jobs

By LACIE GROFFEN

Ontario will become bigger and better with additional funding from the McGuinty government.

According to a March 23 release from the Canadian News Wire, Ontario will receive an additional \$32.5 billion over the next two years.

The money will go toward road improvement, education and public transit.

It will also support and create over 300,000 jobs for Ontarians looking for work.

This is good news for students graduating from post-secondary institutions in the next few years as jobs have been scarce in recent months.

Premier Dalton McGuinty believes the money is needed to help Ontario through this time of economic uncertainty.

"We're making this investment in infrastructure because it creates jobs today and builds the foundation for tomorrow's success. That's why it's a key part of our plan for the economy," he said.

Play video games for cancer research

By LIZ KOENIG

Gamers, warm up your trigger fingers.

A group of second-year general business students is inviting people to compete in a Gamer Charity Contest to raise money for breast cancer research.

Competitors can donate any amount of money to participate in the event, which will be held in the lower Sanctuary on April 6 from 1 to 3 p.m. and April 8 between 11 a.m. and 1 p.m.

Games for Playstation 3, Xbox and Wii will be available.

Vote against global warming

BY LAURA ROUSE

2009's Earth Hour – on Saturday, March 28 – was transformed into the world's first global election, between Earth and global warming – but did enough people “vote”?

For the first time in history, people around the world had the opportunity to use their light switches as their vote – switching off your lights was a vote for Earth, leaving them on was a vote for global warming.

In Waterloo Region, thousands of people turned off their lights and appliances – thereby “marking their ballot” in favour of Earth, and it seemed to have paid off. Hydro companies saw significant drops in power usage during 2009's Earth Hour – electrical consumption dropped 6.8 per cent among customers of Waterloo North Hydro and 6.1 per cent for Cambridge North Dumfries Hydro. Provincially, power consumption dropped 920 megawatts (6 per cent) for the hour.

About 300 people gathered in the public square in front of Kitchener City Hall during Earth Hour this year, and left their homes in the dark. They listened to live music and watched fire dancers perform. Although 300 people seems like a lot, there are over 200,000 people just in Kitchener alone. More people could have and should have been involved in the get-together at City Hall.

Earth Hour began in Sydney, Australia in 2007, when 2.2 million homes and businesses switched off their lights for one hour. In 2008, the message had grown into a global sustainability movement, with 50 million people switching off their lights. Global landmarks such as the Golden Gate Bridge in San Francisco, Rome's Colosseum, the Sydney Opera House and the Coca-Cola billboard in Times Square all stood in darkness.

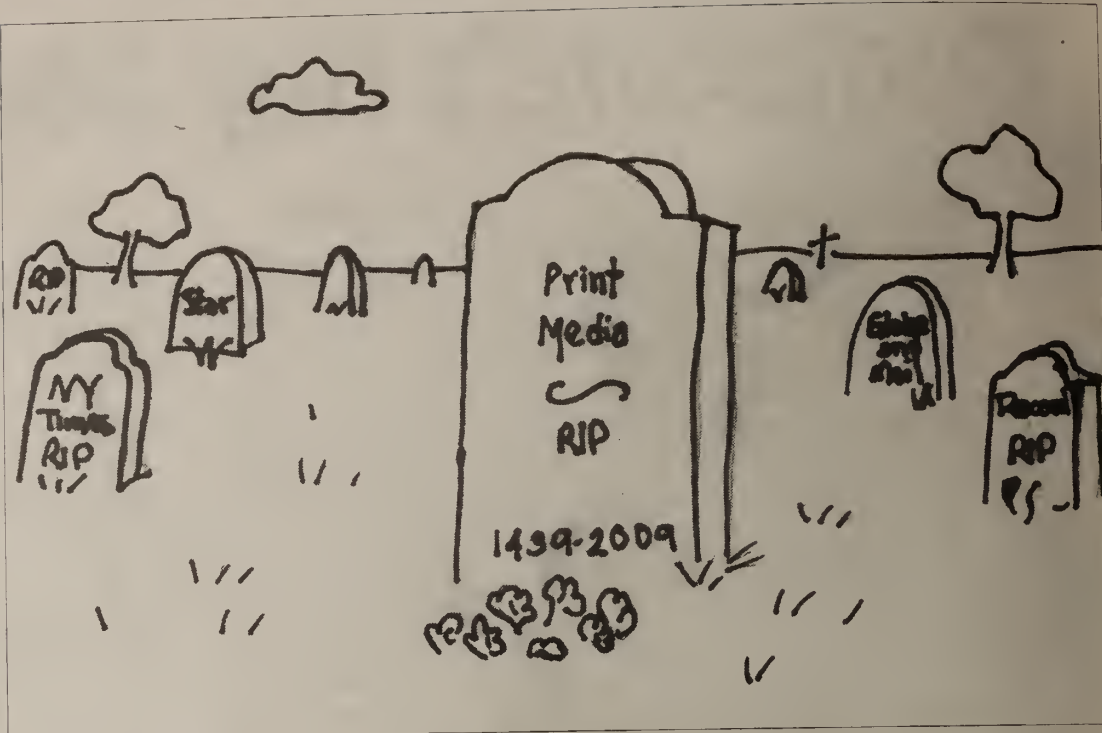
The World Wildlife Foundation urged the world to “vote” for Earth and reach the target of one billion votes, which will be presented to world leaders at the Global Climate Change Conference in Copenhagen 2009. This meeting will determine if official government policies will take action against global warming, which will replace the Kyoto Protocol. It is the chance for the people of the world to make their voice heard.

Earth Hour 2009 was a huge global success with 3,937 cities and towns turning out their lights, across 88 countries. Though the goal of one billion “votes” was not quite reached, this year was the biggest environmental demonstration in history. Millions of Canadians took part, in more than 288 cities and municipalities, along with thousands of businesses, helping to make our skylines go dark. Hopefully next year it will be pitch-black.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C29, Kitchener, Ont., N2G 4M4



Newspapers, journalism not dead yet

What you are now holding in your hands will soon disappear.

Or at least, that's how the current story goes. The newspaper, they say, is dying – an out-of-date format out of step with the times, a decaying relic from the pre-Twitter olden days when dinosaurs roamed the earth clutching evening editions in their ink-stained paws.

Certainly, for those of us who love newspapers, things look bad.

Each week seems to bring with it another round of newsroom layoffs, or word that another major daily has permanently run out of ink. Even iconic institutions like the New York Times are said to be in trouble.

As a print journalism student about to graduate, it's a scary time – to realize that you've picked the worst possible moment in history to pursue your chosen profession is not exactly a pick-me-up. I can't speak for the rest of my classmates, but the unrelenting “newspapers-are-dead” angle of recent stories about the media makes me feel like I'm about to earn a diploma in sweeping chimneys.

The recession certainly hasn't helped matters. Advertising dollars are the engine of the news industry (both print and broadcast), and as those dollars dry up they inevitably take the jobs of journalists with them. But we've been through recessions before – usually the economy



Neil McDonald
Opinion

rebounds, advertising budgets go back up and the jobs return.

The difference this time around is the print industry now has the Internet to contend with as well. Traditionally, classified ads have been an important source of a newspaper's revenue. But, with free online sites like Craigslist and Kijiji becoming more popular, that source of income has also been reduced.

And, to be sure, the web has changed the way people access information. It's hard for newspapers to lure subscribers when people feel increasingly entitled to unlimited amounts of free content whenever they go online.

It's important to note, however, that online news stories don't just magically appear, uploaded to your computer by some kind of benevolent Internet deity who wants to keep you up-to-date on the day's events. The vast majority of the news that you read online generally springs first from the pens (and keyboards) of – you guessed it – journalists, their words simply digitized into a different format.

And that's something that gives me hope as I head (I

hope) into a career in journalism.

Newspapers may or may not be on their death bed – frankly, it's hard to tell. After all, they've been around for over 500 years, and have survived the advent of radio and television, both of which were supposed to render the printed word obsolete. But journalism is not dying. In fact, maybe it's more vital than ever.

A couple of weeks ago, Margaret Wente, a renowned columnist with The Globe and Mail, was the guest speaker at Conestoga's annual banquet for journalism students. In her speech, she talked about the uncertain future of print journalism in the online age, and referenced an article by journalist and blogger Clay Shirky, called Newspapers and Thinking the Unthinkable. In it, Shirky writes that journalism “creates benefits even for people who aren't newspaper readers, because the work of print journalists is used by everyone from politicians to district attorneys to talk radio hosts to bloggers.”

He also notes that “society doesn't need newspapers. What we need is journalism.”

I don't want to see newspapers die. And if you're reading this, you're holding one in your hand, so maybe you don't either. But there's some comfort in knowing that, even if newspapers do go the way of the dinosaurs one day, journalism won't be vanishing with them.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

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ACCIDENT SENDS PEOPLE TO HOSPITAL



PHOTO BY JAMIE REANSBURY

Shortly before 8 p.m. on March 30, an accident occurred at the corner of Homer Watson Boulevard and Conestoga Boulevard. According to Waterloo regional police public affairs co-ordinator, Olaf Heinzl, three vehicles were involved and the occupants of one vehicle were transported to Cambridge Memorial Hospital with non-life-threatening, chest-related, injuries.

Less ads needed at the movies

You buy some popcorn at the concession stand, find some seats in the centre of a row in the middle of the theatre and sit down. The lights dim and the projector starts. But wait? It's not the movie. It's not even a preview. It's a commercial about some fancy car that you've seen on television a thousand times over.

A huge problem with movie theatres these days is that people have to sit through a good 20 minutes of commercials that they've seen time and again while watching TV. Then they have to watch previews of coming attractions before they finally get to see the movie that they paid \$8 to see.

Now, I know that theatres need some way to make a lot of money to help pay for building expenses and other items, and that ads are the easiest way to do that, but 20 minutes' worth of commercials is just too much and not the way to do it. Besides, you'd think with the high price of admission and how much it is to buy a simple bag of buttered popcorn and a pop, it would be more than enough to cover costs.

People go to the movies to see a film that they thought was worth paying \$8 to see (\$4.20 on Tuesdays). They don't go to watch another com-



Stacie
Ritchie
Opinion

mercial for milk, Coca-Cola, a fancy cellphone or the newest Volvo model.

However, every once and a while they do reduce the time commercials are shown from 20 minutes to two minutes, which is great. But, after a few weeks, they increase them to 20 minutes again. It's absolutely unnecessary and ridiculous.

There should be some kind of a time limit.

”

There should be some kind of a time limit.

”

Or better yet, don't play any commercials at all. Just go straight to the previews and the movie. However, that is never going to happen. I guess that is why more people are waiting to rent movies or watch them on cable or satellite.

Eating out tonight?

Make a smart choice.

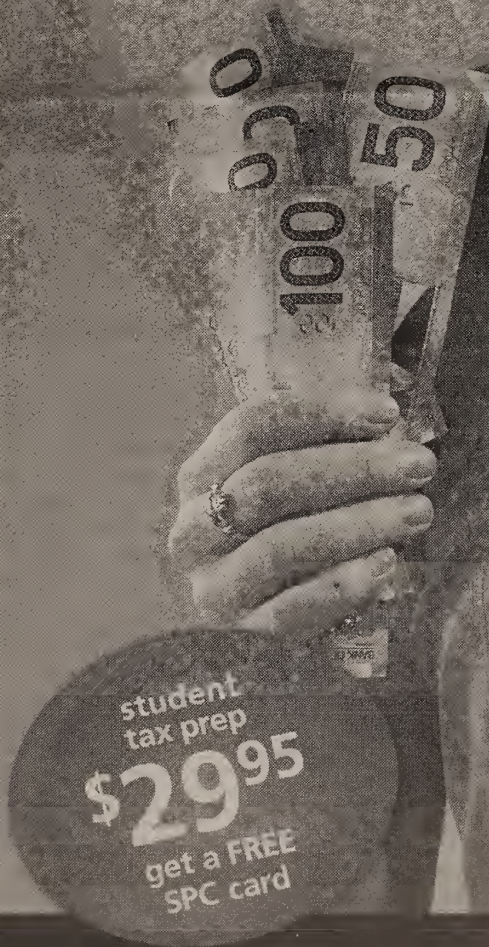
For healthy food choices, food safety and 100% smoke-free seating, choose an Eat Smart! restaurant. Contact the Waterloo Region Community Health Department at 883-2253 or visit www.eatsmart.web.net.



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Grass skirts and Hawaiian shirts

By MANDI CARTWRIGHT

There was no lack of enthusiasm at Conestoga College as the colours of red, blue, green and yellow bounced off the walls in the lower Sanctuary.

Students gathered on March 26 for this year's luau pub night to spend time with their friends, dress in their best Hawaiian getup, and to get away from the stresses of school.

"It was something to do," said Brian Wirbelauer, a second-year mechanical engineering technology student at Conestoga. "We're doing our co-op right now so it beats being in an office."

While Wirbelauer was at the luau to get away from school, first-year general business student, Maria Fermin, was there for just the opposite.

"I was just elected as a new CSI director, which is why I'm here," said Fermin. "I figure the best thing I can do is come to all the events."

The evening was highlighted by dance music, which was played by DJ Flash and DJ Bounce, as well as contests, which encouraged students to get involved. The winner of the hula hoop contest, who was awarded \$75, was Liz Desjardinn, a guest at the

event; best outfit went to Jacqueline Campbell, a first-year general arts and science student, who was awarded \$50; and the winner of the limbo contest, with an award of \$100, went to Wael Albothali, an ELS student.

Costumes got as creative as multicoloured leis around students' necks, to incredibly large sunglasses, and one student even went as far as dress-

ing up in flowered shorts and a pumpkin shirt.

"I haven't won the costume contest yet but I did the last time (at the Halloween bash)," said Martin Schroder, a third-year mechanical engineering student, who was dressed in the creative outfit.

Tickets cost \$2 in advance, and there were nearly 75 students and guests at the event.



PHOTO BY JAMIE REANSBURY

Meagan Porter (clockwise from bottom left), an upcoming broadcast journalism student, Tyler Wagstaff and Laura Davidson, both first-year technology foundations students, and Jade Sheppard, who was a guest at the event, were having fun at the luau pub night on March 26.



PHOTO BY MANDI CARTWRIGHT

DJ Flash pumps up the luau with his original beats.

The Learning Commons would like to thank all Conestoga Peer Helpers for their hard work and dedication to the tutoring, conversation partners, learning groups, iCan and iLearn services during the 2008-2009 academic year.

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Jessie Hughes
Jessica Huth
Matthew Jantzi
Nicole Jilek
Nabil Kanji
Dan Kaszuba
Rumana Khan
Kwang Yeon Kim
Lisa Kocher

Vincent Lacharite
Kara Lake
Holly Lebold
Karla Lenos
Tristen Lippert
Alyssa Loewen
Chris Lynar
Lauren MacDonald
Rebecca Macfarlane
Marcy MacKenzie
Michael Majeed
Alexander Major
Jeff Malo
Afrodita Markovska
Linda Marques
Ethan Marshall
Elycia Martin
Nancy Mascio
Cynthia Matheson
Shayla McConachie
Don McNeish
Kyle McTavish
Stephanie Mesich
Corey Middleton
Therese Lynn Miller
Jeremy Mills

Justin Mooser
Melanie Moran
Rob Morris
Lesley Munro
Amanda Noren
Hayley Norton
Wanda Olivares
Bethany Oliveira
John Omoreanu
Mark Panagapka
Stephanie Paris
Rebecca Patikas
Samantha Paxton
Stephen Pearsall
Steven Penner
Lori-Beth Pentsa
Aleksandar Popic
Patrick Rachuba
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Marie Rozendal
Brennan Rumford
Lindsay Satchell
Nicole Savage
Kelly-Lynne Schabl
Rebecca Schmidt
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Fatima Shahla
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Sahil Sharma
Crystal Shaubel
Jesslynne Simard
Meaghan Sinden
Mitch Smith
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Rebecca Steele
Alex Steward
Sarah Stewart
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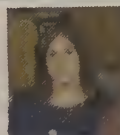
Oleksiy Struk
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Jennifer Taun
Robin Taylor
Aubrey Thomson
Christine Threndyle
Shaun Tieu
Karen Towner
Melissa Vaillancourt
Cornelius Van Arendonk
Stephanie Van Dinther
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Sarah Walters
Amanda Warren
Stuart Watt
Eric Weber
Ryan White
Matthew Wiesel
Larissa Wilton
Brian Wirbelauer
Colleen Wright
Trevor Yutronkie
Naomi Zehr

Thank You

Help Yourself, Help Others:

My Experience as a Conestoga Peer Helper

By Jennifer Taun (Social Services)



Starting college is an exciting but intimidating time in one's life. Initially, I felt like this small person lost in a big school. After a couple weeks at school, I started to become comfortable with my directions, the teachers, and peers. During my first semester, an individual from the Learning Commons came and spoke to my class and informed us of some of the services available. I took advantage of the both the Writing and Learning Skills Services within the Learning Commons, as well as Disability and Career Services. Through this exposure I became aware of ways I could help future students feeling the same pressure that I did.

After my Human Service Certificate program, I started the Social Services Diploma. Going into my second year at College I was more comfortable and motivated to take on the daily challenges of college expectations. I also felt a need to start to give back to my fellow students. I decided to take on a volunteer position as a Peer Conversation Partner (PCP), where I was matched with an English as a Second Language (ESL) student. This position was not only valuable to the students I was matched with, but gave me the opportunity to diversify myself from the life experiences each individual brought to these conversations.

Going into my third year of College I no longer harboured the initial intimidations I once associated with post secondary education, and I became very active within the Learning Commons. I continued as a PCP volunteer, and I also took on employment as a Peer Tutor. As a tutor I was

matched with individuals that needed extra assistance in courses that I had succeeded in. I presented information in alternate ways, assisted with learning strategies, and helped with studying tips. In January 2009, I was hired on as an iLearn, which is a developing position to help students with basic computer skills.

Today I sit back and think of my college experience and smile. It has been made by the people I have met and the people I have worked with. I believe that in order to help anyone else you must help yourself first. College is filled with wonderful experiences and opportunities. Although at times these experiences are clouded by the stress of managing your work load, understand that there are many resources to assist you in balancing your responsibilities. In order to truly benefit from the college experiences, ensure you take the time to explore all of these wonderful possibilities.

Walk for a cause with Mayor Craig

By DAVID SMITH

The United Way of Cambridge and North Dumfries' Volunteer Cambridge is inviting everyone to walk for a cause at the 2009 Mayor's Walk for Volunteerism on Saturday, May 9 starting at 9:30 a.m.

Leading the 3.5 km walk through the heart of Galt is Cambridge Mayor Doug Craig. "The Mayor's Walk is designed to promote volunteerism and to celebrate the tremendous contributions of volunteers to this community," said Craig.

The event is an easy way for local charities and not-for-profit

organizations to raise money. Starting and ending at the Dickson Arena, citizens of all ages are encouraged to join in and fundraise for their favourite charity; 50 per cent of each participant's pledges are donated to their charity of choice, including minor sports teams and schools, while the other 50 per cent helps fund the services of Volunteer Cambridge, a service of the United Way of Cambridge and North Dumfries.

"Again this year we are encouraging participants to register online and collect pledges online if they wish," explains Trish

Marinoni, co-ordinator of voluntary sector resources for United Way. Participants are also able to create a personalized web page and collect pledges, and track their progress all online. Individuals wanting to make a pledge can go online, search for the person they are pledging for and make a donation through a Pay Pal account or by credit card.

Participants can register as an individual or a team. Teams consist of up to six people and can register as an adult, youth or family team. "Scotiabank employees will generously be

donating their time for the event again this year to register participants and reconcile pledges," said Marinoni. Walkers are welcome to "dress United" in matching clothing, carry signs to identify the organization they represent, and bring strollers and wagons to tow young children along the walk. Prizes will be awarded to those individuals and teams who have raised the most money. Refreshments and entertainment will also be on-site for the participants.

Platinum sponsor for the event is Scotiabank and gold sponsor is Napa Auto Parts. Media spon-

sors include the Cambridge Times, Waterloo Region Record, Cambridge NOW, 91.5 The Beat and 107.5 Dave FM.

Downloadable pledge forms as well as other information about the event and Volunteer Cambridge can be found at <http://www.volunteercambridge.dojiggy.com/>. Pledge forms can be picked up from the United Way office located at 150 Main St. in Cambridge, or at any Cambridge Scotiabank branch.

For more information about the 2009 Mayor's Walk for Volunteerism, call Marinoni at 519-621-1030, ext. 229.

Conestoga angler creates new competition

By LIZ KOENIG

The Condors may not be flying south to reel in a championship anymore but they will be attempting a win at an all new Canadian fishing tournament.

Matt Pezzetta, a second-year bachelor of architecture and project and facility management student, took initiative in the fall and began organizing a Conestoga fishing team.

The original plan for the team was to compete in the Under Armour College Bass National Championship fishing competition held in July in Georgia. Conestoga was the first Canadian team to register for this competition but due to lack of funding and sponsorship, the team can't afford to compete in the four-day tournament.

Pezzetta's passion for fishing and ambition to compete sparked another idea for the school's team. On his own, Pezzetta has organized a collegiate level competition in the Berkley B1 Canadian Bass Open held in Quebec June 20 and 21. The Berkley B1 is a one-time tournament to find the best anglers in Canada.

The Berkley B1 is open to any competitors over the age of 14, with parental consent for anyone

under the age of 18. Rings, trophies and cash prizes go to the teams with the most weight after the two-days. The registration fee is \$500 and teams are responsible for travel and accommodation costs. The collegiate level of the competition judges only the college teams against each other.

"I have people contacting me that I've never heard of. Contacting me just because they're in support of what I'm doing," he said.

This is the first-ever collegiate level competition in Canada and Pezzetta's dedication to fishing has brought it here.

"It's the first time for colleges and universities to compete against each other in Canada," he said.

There are nine collegiate teams registered for the competition, including Conestoga.

The Conestoga team currently has seven members and Pezzetta says they just need one more member with a boat to compete.

First-year business marketing student, Jessica Poirier, is currently the only female member of the team.

Poirier has been fishing for 10 years but has only recently joined the school's fishing team.

"I said (to Pezzetta) that I like



PHOTO SUBMITTED

Conestoga's fishing team gears up for their first competition on June 20 and 21. From left, Curtis Geurts, Matt Pezzetta, Nathan Oxenberg, Mathieu Davis, Steven Tease, Craig DeKeyser and Jessica Poirier.

fishing and he asked me to come to a meeting," she said.

There are currently no sponsors of the team but this competition requires less funding than Under Armour so Pezzetta is optimistic that the team will

be able to compete.

"Even if I have to pay for it and I'm out of money, it's worth it. This is a huge thing for Canada," he said.

Pezzetta is hoping that by 2010 he can organize a

Canadian college competition that features six events throughout Canada.

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THE MEAT OF THE MATTER

BY PATRICK LANSBERGEN



Pigs huddle together at the Van Raay's farm, just outside of Dashwood, 15 minutes northwest of Grand Bend. The Van Raays have been raising pigs for 28 years.

PHOTO BY PATRICK LANSBERGEN

The meat industry is highly susceptible to the fears of the public, be it mad cow disease, listeria, growth hormones or toxins. Most recently sewing needles were found in several Maple Leaf packages of meat products. According to those working in the industry, at every point, from farm to fork, meat, like any other food, has a chance of being contaminated. But consumers shouldn't think the worst of the entire industry due to isolated events.

As a result of the August 2008 listeria outbreak, according to the Maple Leaf Foods' website, www.mapleleafaction.com, new sanitation procedures have been set in place. These include daily disassembly and cleaning of all equipment and a reorganization of processing to limit cross-contamination between people, equipment and product.

In the pork industry bio-security, which is taking measures to prevent illness due to microorganisms, is taken no less seriously by farmers like Martin Van Raay and his wife Teresa, a Ontario director for the Ontario Pork Producers Marketing Board. The Van Raays have been raising pigs just outside of Dashwood, Ont. (near Grand Bend) since 1981. For feed, pigs are often fed a mix of dry and liquid feed. The Van Raays, for example, feed chocolate milk to their pigs. Using chocolate milk provides pigs with vitamins, carbohydrates and protein.

The entire operation requires a routine cleaning, from the feed system to the ceiling, the walls and floors. High pressure hoses blasting approximately 54 C water and various cleaning solutions and disinfectants aid in sanitation. This process is necessary to produce an atmosphere in

which the pigs can be raised without fear of infection by various bacteria or viruses such as mycoplasma pneumonia, a lung disease that causes severe damage to the pig's respiratory system.

When pigs must be medicated the sick pig is segregated and the job is done quickly. However, when a large portion becomes ill the medication is simply mixed in with the feed. Then pigs must be held for a certain amount of time before they can be shipped to ensure the medication has done its job and is through their system.

When shipping pigs the truck and trailer used to transport must be absolutely clean and dry so as not to cross-contaminate between farms. Pigs from various farms are shipped separately so as to ensure no cross-contamination as well. The transport driver must wear clothing and equipment provided by the farmer to also ensure bio-security.

"If you take the proper precautions you're significantly decreasing the chances of contamination," said Martin.

According to Teresa, the various sectors in the meat industry have different regulations and standards. Though organizations like Ontario Pork and the Ontario Cattlemen's Association may set standards and regulations, there is a certain amount of flexibility for the farmers in how they go about meeting them.

If you take the proper precautions you're significantly decreasing the chances of contamination.

— Martin Van Raay

According to the Ontario Cattlemen's Association's 2004 report on meat inspection and regulation, Ontario's farmers are engaging in preventative measures based on the Hazard Analysis and Critical Control Points and on-farm food safety pro-

grams. However, the report also recognizes that all participants in the food chain are responsible for the safety of the product provided to Ontario consumers.

At Metzger Meat Products, an abattoir in the rural town of Hensall, Ont., the aroma of meats and spices floods your senses as you walk through the front door. They sell beef, poultry, veal, pork, processed meats and duck, along with assorted cheeses. The business was awarded both the manufacturer of the year and innovative manufacturer award for 2008 in Huron County.

According to the Huron Manufacturing Association, the awards were given for the process improvements that the company has implemented as part of its business expansion. The expansion included food safety, improved worker productivity and safety designs. The designs improved upon product and employer flow to minimize meat handling. The new production process ensures there is con-

tinuous refrigerated flow from start to finish. Ergonomic design was incorporated throughout to eliminate heavy lifting and handling of the meat by people. Production is electronically monitored for cooling, cooking and production to eliminate errors and manipulation of records. The equipment is cleaned before any switch between different meats, after each batch of meats and at the end of every day. In total the equipment, walls, utensils and some parts of the ceiling are often cleaned several times a day. The company revenue has tripled in the past six years. According to Gerhard Metzger, manager at Metzger Meat Products, the quality and success of the family business depends on the way they process their meat.

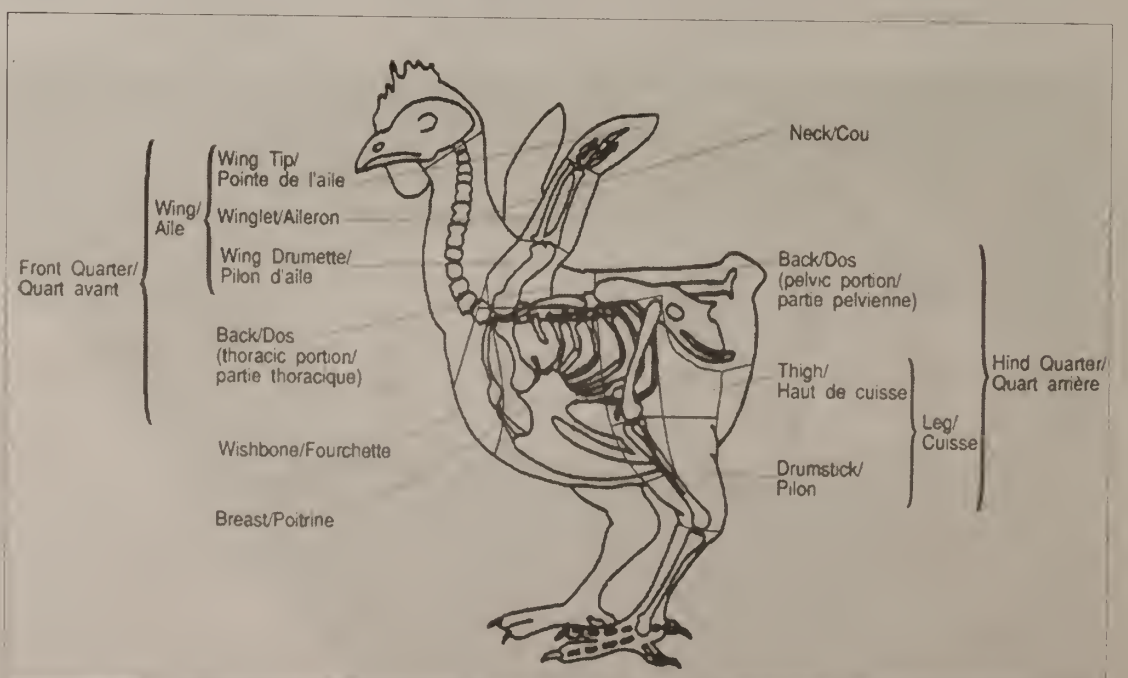
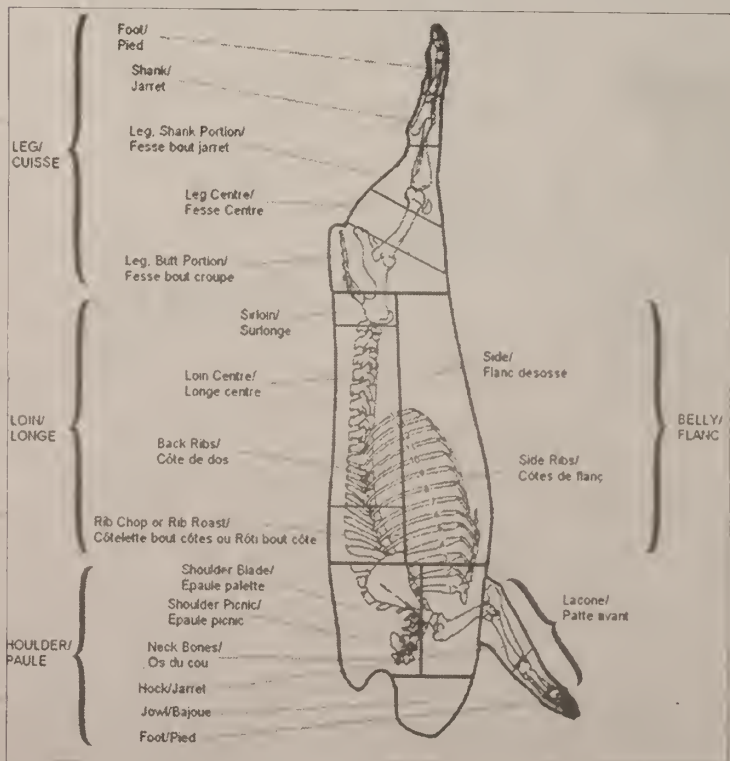
Mat Orr, a line cook at Edelweiss Tavern in Kitchener, said food safety is on the minds of consumers more than ever.

"You have to avoid cross-contamination, that's the big thing, everything has to be clean," said Orr.

He avoids cross-contamination by vacuum sealing meats, storing the meat according to its type and whether it has been precooked and keeping hands and utensils clean through the use of sanitizers. Sanitation, according to Orr, is far easier at work than at home.

"At home you have regular soap and a cloth or sponge. Most of the time you're just spreading the germs you don't kill with soap all over the place," said Orr.

Safety and quality from farm to fork is a motto that many organizations, companies and farmers claim to stand by. Workers in Ontario's meat industry agree food safety and sanitary processing methods are a top priority at all times, not just after the most recent meat scare.



INTERNET GRAPHICS

Meat cuts come in many shapes, sizes, tenderness and flavour. The Canadian Food Inspection Agency and Canadian Beef Grading Agency are responsible for the main grading regulations.

Conestoga students go green

By **CHRISTIE LAGROTTA**

Conestoga College hoped students would emulate David Suzuki, the famous Canadian environmental activist, during its first Think Green environmental awareness week from March 23 to 26.

The week was organized by CSI and the Healthy Communities Healthy Conestoga student committee.

The daily events aimed to encourage students to take responsibility and become leaders of the environment.

Some of the interactive and informative happenings included a green-friendly exhibitor's fair, Monique Woolnough as a guest speaker from the Sierra Youth Coalition, and the Region of Waterloo hosted a vermicomposting workshop to

demonstrate a healthy alternative of composting for residents who don't have the appropriate facilities. For example, someone who lives in an apartment complex may not have space for a composter, but can vermicompost, which is simply using worms to breakdown food waste.

"Often 'going green' can mean doing simple things, such as bringing your coffee mug each day or turning off your electronics when you're not using them," said Josalyn Radcliffe, a director on the board of directors for CSI. "These ways to become more environmentally-friendly don't cost any more than the alternative, and they're just as convenient."

Other ways that students were encouraged to get involved on campus included

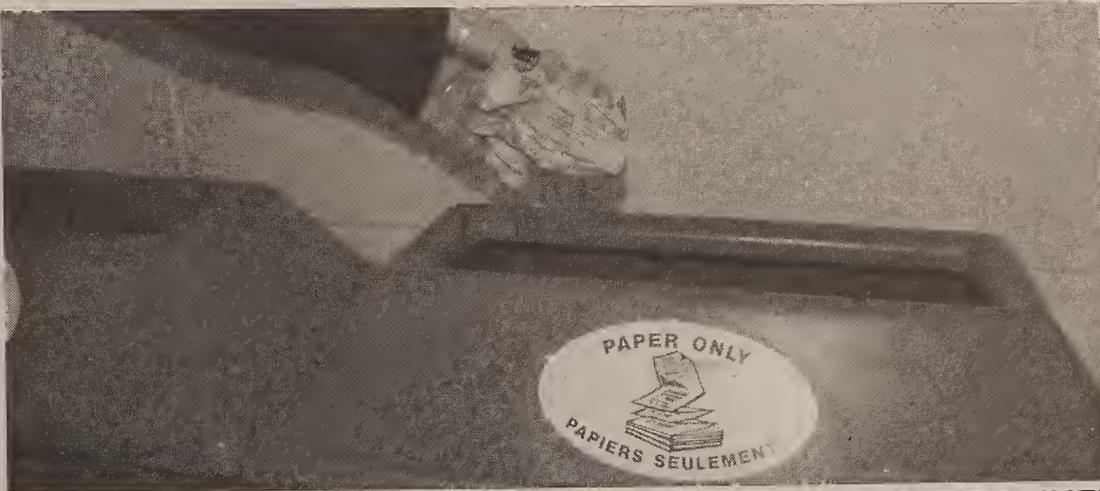


PHOTO BY CHRISTIE LAGROTTA

Often, it is the simple tasks that some people don't recognize as helping the environment. By sorting your garbage and recycling, you are making a small step toward a bright future.

a clothing drive where all contributions were donated to the Canadian Diabetes Association's Clothesline pro-

gram. As well, several bins were scattered around campus for used books which were donated to Better World

Books. The Sanctuary also featured environmental movies on Monday and Wednesday of that week.

April 7 marks World Health Day

By **DAVID SMITH**

Among the victims in emergencies, disasters and other crises (natural, biological, technological or societal and conflict-related) are health workers. Facilities and services can also be decimated. This, in turn, strips affected populations of fundamental health services that can be the difference between life and death.

April 7 marks World Health Day, a day to celebrate the discovery of the World Health Organization (WHO). In 2009, World Health Day is devoted to the theme, "Save lives. Make hospitals safe in emergencies." It will focus on the safety of health facilities and the readiness of health workers who treat those affected by emergencies.

Often, already weak health systems are unable to keep performing through a disaster, with immediate and future

public health repercussions.

More than 11,000 medical institutions were damaged in China's Wenchuan earthquake in May 2008, forcing tens of thousands of people to seek treatment elsewhere.

Current struggles in Ethiopia and Gaza are disconnecting primary health services such as immunizations, and the Indian Ocean tsunami in 2004 damaged 61 per cent of health facilities in Indonesia's Aceh province, and killed nearly a third of the area's midwives, a major loss for women's health.

This year, WHO and international partners will underscore the importance of investing in health infrastructure that can withstand hazards and serve people in immediate need. They will also urge health facilities to implement systems to respond to internal emergencies, such as fires, and ensure the continuity of care.



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Psychopaths are social predators

By LOUISE KADDOUR

You may be attracted by their smooth talk and charm but beware: they are wolves in sheep's clothing.

In a CBC documentary entitled *I, Psychopath*, Sam Vaknin agrees to visit a psychologist to determine if his behaviour falls under the psychopathic range.

Both his wife and he were shown a variety of images that, in a typical person, would evoke an emotional response. In Vaknin's case, no emotional response to any of the images was measured.

Dr. Robert Hare, a psychopathic researcher in British Columbia for more than 25 years, created a test that has been adopted by psychologists around the world to determine whether a person is a psychopath.

Some of the characteristics on his 20-item checklist include:

- Superficial charm, which includes the ability to be slick, smooth and engaging. According to Dr. Hare, psychopaths, who don't follow social norms like taking turns speaking, are not shy or afraid to express what they are thinking.

- Lack of empathy and a lack of feelings with no concern for others. They are unconcerned about the feelings or pain of their victims.

- They do not control their expressions. They will express irritability, threats, aggression and show no control over their anger.

- Promiscuous sexual behaviour which includes short-lived flings and numerous affairs, and they have a history of forcing sexual behaviour

upon others.

According to Hare, psychopathic personalities are the result of both genetic and environmental influences.

In his book, *Without Conscience*, Hare notes that psychopaths often make strong eye contact. Women, however, often confuse this strong advance as a sexual advance and are attracted by this.

While psychopaths do not experience emotion in the way that others do, they are capable of reading the emotions of others and will learn to manipulate people's emotions for their own selfish reasons without true regard to that person's feelings.

Efforts at treating people diagnosed as psychopaths have largely failed. These rehabilitation programs carried out in prisons were

based around teaching empathy to the inmates. However, criminals who took these programs ended up more likely to reoffend than psychopaths who were not in a rehabilitation program. It is believed psychopaths simply took the skills they learned in these programs to manipulate their new victims more effectively.

According to Dr. Paul Babiak, in *The Meeting Professional* magazine, psychopaths do not have the capacity for the normal range of human emotions beyond rage, anger and frustration.

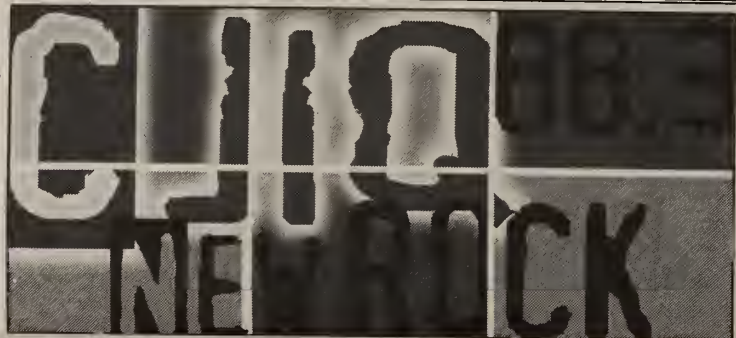
"When you lie, or when you hurt someone, you feel remorse or regret, and believe you should apologize or make it up to the person somehow. Not sleeping at night when you've done something wrong is a symptom of a working conscience, which

the psychopath lacks."

While the stereotypical view of a psychopath is that of murderers and criminals, they are found in all walks of life such as a high-ranking role within a corporation or in the cubicle right next to you.

In an article by CNN, Hare describes corporate psychopaths as "ruthless, manipulative, superficially charming and impulsive — the very traits that are landing them high-powered managerial roles ... Psychopaths are social predators and like all predators they are looking for feeding grounds. Wherever you get power, prestige and money you will find them."

"The most important thing is to be aware," says Hare. "Once you take that position you are in a better position to deal with them."



**RECOGNIZE THE
SIGNS OF STROKE
WHEN YOU
SEE THEM.**

VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

HEADACHES

Sudden, severe and unusual headaches

WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



HEART
AND STROKE
FOUNDATION

Seek immediate
medical attention
if you have any of
these symptoms.

MORE THAN BOATS VISIT THESE SHORES



PHOTO BY JAMIE REANSBURY

With spring's arrival everything on land is starting to resemble the new season. However, off the shore of Lake Erie, it is another matter. Beyond the shallow water in the Port Dover Harbour marina, a massive ice flow could be seen March 28.

FINAL PROJECTS KEEP DESIGNERS AT SCHOOL



PHOTO BY LIZ KOENIG

The life of a graphic design student is not easy. First-year students were early birds on March 30, working away on final projects at 6:50 a.m.

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April 8, 15 & 22

Location:

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Atrium

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HOROSCOPE

Week of April 6, 2009



Aries
March 21 -
April 19

It's time for spring cleaning. Sort out all the cobwebs in your closet and start anew.



Libra
September 23 -
October 22

Be original in your thoughts this week. Your lucky day is Tuesday.



Taurus
April 20 - May 20

It's time to start an exercise program and get into shape. Your lucky number is six this week.



Scorpio
October 23 -
November 21

You may have been studying too hard lately. Take a break and have some fun with friends.



Gemini
May 21 - June 21

Search your soul for answers, Gemini. The problems you have been experiencing are the result of unfinished business.



Sagittarius
November 22 -
December 21

Now is the time to start making travel plans for the summer. Take advice from friends.



Cancer
June 22 - July 22

Be kind to family members, Cancer, and keep your temper in check. This week will be a test of your determination.



Capricorn
December 22 -
January 19

When it comes to romance, this is going to be a good week. Cupid is on your side.



Leo
July 23 - August 22

This is a good time to find that dream job. Your energy will lead you to success.



Aquarius
January 20 -
February 18

The frustration you have been experiencing is over. Relax and learn to see the bright side of things.



Virgo
August 23 -
September 22

A friend may come to you for advice this week. Try to see both sides of the story before giving your opinion.



Pisces
February 19 -
March 20

Your dreams are becoming a reality, Pisces. Don't be afraid to take chances.



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.

Life of a blues legend

BY JESSICA O'DONNELL

Mel Brown adopted Kitchener as his hometown in the late '80s. Since his arrival, he has changed the city's music scene forever. Brown died in his adopted hometown on March 20. He was 69.

"Mel supported, encouraged and mentored so many," says longtime fan and friend, Rhiannon Jones. "He played at the smaller venues, though his talent could take him to the big leagues."

Brown, a Mississippi native, was well-known in the music industry, collaborating with artists from all genres.

B.B. King, Willie Nelson and David Bowie were just three of Brown's collaborators.

Born in Jackson, Miss., Brown started playing publicly at 16. Throughout his musical life, he lived in Los Angeles, where he played with the likes of Sam Cooke and Etta James.

"Mel played with so many greats," says Jones. "His talent is how he met his wife, Miss Angel. I believe he was playing in Colorado at the time."

It was 1975 that the two met, and they were together until his death.

Throughout the late '70s and most of the '80s, Brown and Miss Angel travelled around the southern United States.

They were brought to Kitchener in 1989, when Brown agreed to play in a



INTERNET PHOTO

Blues savant Mel Brown released numerous albums throughout the years. His first album, *Chicken Fat*, is a must-have for any complete blues collection. Brown died March 20.

band, Mel Brown and the Homewreckers, at long-gone club, Pop the Gator, which was located above the still-standing Encore Records.

"I first heard Mel at the Gator," Jones recalls. "He was amazing; I'd always been into blues. The raw edge to his music and the mood it created was something else."

Brown's music and his talent was not something he kept to himself. Throughout the late '90s and into the new

millennium, he taught and mentored many fresh musicians with dreams of making it big.

Brown has certainly left his impression on Kitchener and the surrounding area. I will always remember the first time I heard his music. I was five and I'm pretty sure I was playing in the mud at one of many blues picnics that he frequented.

Kitchener's own blues legend was laid to rest April 4.

COUNSELLOR'S CORNER: Community Resources

The counsellors at Counselling Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

A Message from Counselling Services, 1A101

April is National Poetry Month across North America

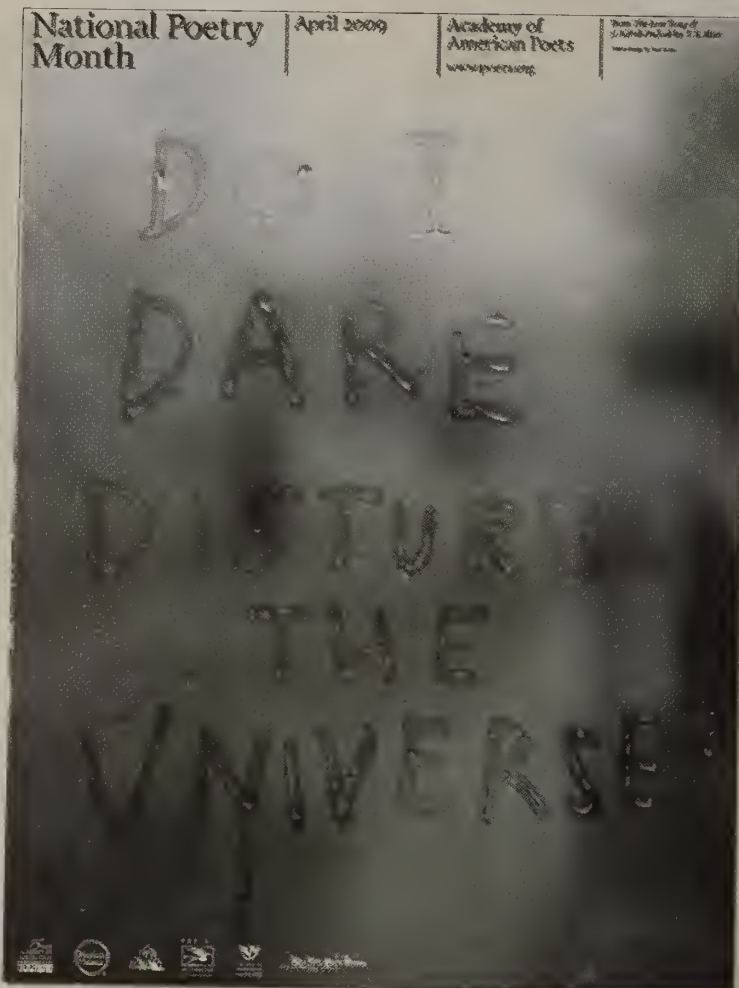
By LAURA ROUSE

National Poetry Month is a celebration of poetry which was first introduced in 1996 as a way to increase awareness and appreciation of poetry in the United States. Since 1999, Canada has celebrated the month each April and since the year 2000, Great Britain has celebrated it each October.

"I didn't know that there was a National Poetry Month," said Katie Watson, a university student who is interested in poetry and songwriting. "But I'll definitely be looking out for local events."

The first National Poetry Month was inspired by the success of Black History Month, held each February, and Women's History Month, held in March. In 1995, The Academy of American Poets joined a group of publishers, booksellers, librarians, poets and teachers to discuss the need and usefulness of a similar month-long holiday to celebrate poetry.

In 1998, the academy joined the American Poetry & Literacy Project to distribute 100,000 free books of poetry from New York to California during National Poetry Month and in 2001, the academy invited people to "vote" for poets they most wanted to have on a postage stamp. More than 10,000 people cast bal-



INTERNET PHOTO
The words on the poster for 2009's National Poetry Month, above, are a line from a poem that someone wrote on a foggy window. The Free Verse Project encourages people to take pictures of their favourite lines of poetry, written in a unique way, and submit them to the Free Verse group on www.flickr.com or e-mail them to freeverse@poets.org.

lots, with Langston Hughes receiving the most votes. The vote tally was sent to the United States Postal Service, which issued a Langston Hughes stamp in January 2002.

On April 5, 2005 the Empire State Building was illuminated with blue lights to mark the 10th anniversary of National Poetry Month.

Like Black History Month, the celebration of poetry each April has grown and established itself in both official and unofficial ways. Each year, publishers, booksellers, educators and literary organizations use April to promote poetry — publishers often release and publicize their poetry titles in April and teachers and librarians focus on poetry units during the month. Bookstores also frequently hold special readings.

The League of Canadian Poets had several well-known poets present readings at a launch event at Ben McNally Bookstores in Toronto last Wednesday. The awards shortlist for the Gerald Lampert Award and the Pat Lowther Award categories were also announced that morning. The theme for this year is Poetry Planet. Fans got to meet and mingle with the poets, listen to their readings and attend the Q&A session at this free event.

To play off of the new 2009 National Poetry Month poster design, the Free Verse Project encourages people to take photographs of their favourite lines of poetry, and submit them to the Free Verse group page on www.flickr.com or e-mail your photo to freeverse@poets.org. Have fun and write lines from a favourite poem on a sandy beach, assemble twigs on a hillside or chalk the sidewalk.

Sarah Alberts, who lives in downtown Kitchener, is looking forward to submitting her entry in the Free Verse contest.

"I have lots of good ideas this year. We'll see which one turns out the best," she said.

All photos posted by April 15 will be automatically entered in a contest to win the new Poem in Your Pocket anthology and a commemorative piece of jewelry by San Francisco designer Jeanine Payer, who specializes in hand-engraving lines of poetry on earrings, necklaces and other items. Selected entries will be featured on www.poets.org.

Also during the month of April is the Poem-A-Day e-mail. Beginning April 1, www.poets.org will send one new poem to your inbox each day to celebrate National Poetry Month, if you sign up. The poems have been selected from new books published this spring.

CAREER SERVICES & ADVISING PRESENTS Workshops

Resume & Cover Letters/Job Search & Interviews

March 12, 2009 (10:00am-12:00pm & 11:00am-12:00pm)

March 24, 2009 (10:00am-12:00pm)

April 1, 2009 (10:00am-12:00pm)

April 6, 2009 (12:00pm-2:00pm)

April 22, 2009 (1:00pm-3:00pm)

More information on workshop descriptions, location and registration please visit:

<http://www.conestogac.on.ca/careersvc/index.jsp>

WARM WEATHER BRINGS OUT PANHANDLERS



PHOTO BY LOUISE KADDOUR
A homeless man stands on the corner of Fischer-Hallman Road and Ottawa Street outside the Sunrise Shopping Centre. Holding a sign, he waits for passing drivers to give him some money. One man stopped to give him a Tim Hortons' coffee. These street-side panhandlers are popping up around the city as the weather warms up.